EFNEP–Head Start Child Activity

CHOOSING TO MOVE MORE THROUGHOUT THE DAY

Run and Hike, Play and Bike

LEARNING GOAL
Read a book about exercise and allow children to learn about moving in healthy ways every day.

LEARNING OBJECTIVE
Children will be able to describe the benefits of being physically active.

LEARNING QUESTION
What is physical activity? How does exercise help our muscles grow?

YOU WILL NEED
• Book: Run and Hike, Play and Bike: What is Physical Activity by Brian P. Cleary
• Rubber bands (3 per child)
• Construction paper (1 per child)
• Coloring materials
• Bungee cord (optional)

NEW WORDS

Physical Activity: Movement of the body that uses energy. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!

Spanish Translation: ejercicio

Preschool Translation: Moving our body in healthy ways. Exercise requires our body to use energy. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!

Energy: Measure of the power we obtain from the food and beverages in our diet.

Spanish Translation: energía

Preschool Translation: The power we need to move our bodies every day. Our energy comes from eating healthy foods, like fruits and vegetables! The more energy we use, the healthier our bodies become!

Muscles: Body tissue consisting of long cells that contract when stimulated and produce motion.

Spanish Translation: músculo

Preschool Translation: The part of our body that helps us move. Muscles are important because they give us strength. It is important to eat a healthy diet, including protein, to help our muscles grow.

BEFORE YOU BEGIN
1. Read the book and script to familiarize yourself with the content. With younger preschool children, you may need to shorten the length of the story by skipping more detailed pages.
2. Gather color photograph of children and adults being physically active (e.g. walking, running, kicking a ball, jumping, skipping).

BOOK SCRIPT
Ask the following questions on the appropriate pages as you read through the book.

Page 6: What is energy? Where do we get energy from?
Page 13: Can you show me your muscles? How can exercise help our muscles grow?
Page 15: Did you know exercise is good for your heart?
Page 17: What ways do you like to move your body?
Page 23: Do you like to run races or swim? What other ways might we be able to move our bodies?
Page 29: How does exercise make you feel?
Exploration

WHAT TO DO

1. Use models or color photographs of food-based protein sources to support your discussion.

2. Say: Today we are going to learn about exercise and how moving our body in healthy ways can help our muscles grow big and strong. Do you know what exercise is? Exercise is how we move. Moving our body in healthy ways can help our muscles grow big and strong. Examples include walking, gardening, climbing stairs, kicking a ball, running, and more!

3. Say: Do you know where the energy we use to move our bodies comes from? The food we eat and fluids we drink give us energy! Can you think of healthy foods that we eat that give us energy? Right, fruits and vegetables are good for our bodies and can help give us energy too!

4. Did you know we exercise requires our body to use the energy we get from food? We need energy, so we can move our body in safe and healthy ways every day! Moving our bodies every day in fun ways helps our muscles grow big and strong! The more we use our muscles the more they grow! Moving our bodies makes us feel good and helps keep our body healthy!

5. Say: Let’s learn how exercise works to help our muscles.

6. Hold up a 2–3 rubber bands. Say: Let’s pretend these rubber bands are our muscles. The more exercise you do each day, the stronger our muscles (rubber bands) will be. Let’s all pick up one rubber band. Let’s pretend this morning you decided to skip to our classroom. Pull the rubber band muscle.

7. Demonstrate how to gently pull the rubber band.

8. Say: Now let’s pretend today after lunch we all played a game of soccer. Let’s all pick up a second rubber band. Now pull both rubber bands. Are our muscles stronger?

9. Now let’s pretend tonight after dinner, we all went outside for a walk with our family. Let’s all pick up a third rubber band. Now pull all three rubber bands together. Are our muscles even stronger now?

10. For dramatic effect, show children the more we move our bodies every day, the stronger their muscles will grow—like a bungee cord (if you have one).

11. Pass out construction paper and coloring materials to each child. Instruct children to draw their favorite physical activity.

12. Staple one rubber band to each child’s drawing to remind them how moving our bodies and muscles work together.

13. As each child finishes their drawing, encourage them to clean their space and wait for further instruction.

QUESTIONS YOU CAN ASK

Q: What is exercise?
A: Moving our body in healthy ways!

Q: Why do we need to eat healthy foods? What benefit does it have for us?
A: We need to eat healthy food, so we can move our bodies every day!

Lift up your arms and flex your muscles and ask them:

Q: What makes us strong?
A: Our muscles and moving our bodies every day.

Q: Why is it important for us to have muscles?
A: We need muscles, so we can move, and dance, and do any activity we want.